

City of Chattanooga Fitness Center CAPER Winter Schedule








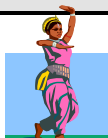



2

0

0

4

9:00 am 10:00 am 11:00 am 12 noon 5:00 pm 5:30 pm 6:00 pm

Mon	Seniocrise Liz			Core/ Strength & Stretch Kim Begins 1-5		AB Attack Fit Staff Begins 1-5	Adaptive Fitness Don Begins 1-5
Tue		P.A.C.E. Mozelle			Step Re-Mix Cynthia Begins 1-13		Middle Eastern (Belly Dance) Rhonda Begins 1-13
Wed	Seniocrise Liz			Core/ Strength & Stretch Kim		AB Attack Fit Staff	Afrocise Mausuko Begins 1-21
Thur		P.A.C.E. Mozelle			Step Re-Mix Cynthia		Middle Eastern (Belly Dance) Rhonda
Fri	Seniocrise Liz						Afrocise Mausuko
Sat			T'ai Ji Chris Begins 1-10				

Entry Fee
Cost .50

Hours of
Operation:

Mon -Thurs
8:00am-8:00pm

Friday
8:00am-7:00pm

Saturday
8:00am-12 noon

Middle Eastern Dance, Adaptive Fitness, Core, Strength & Stretch, Step Re-Mix, AB Attack ,Afrocise and T'ai Ji are specialty classes that require sign up and a **separate** fee paid to the Instructor.



PARKS
RECREATION
ARTS
CULTURE

City of Chattanooga Fitness Center
1254 East Third St. Chatt, TN. 37404
(423) 697-1320